

# FUNDAMENTAL PUBLIC HEALTH GUIDELINES

These recommendations are a broad outline of public health measures that need to be taken during steps of the reopening process. More specific guidelines for individual industries have been compiled by the Department of Commerce and the Governor's Office based on discussions with industry leaders and can be found at [covid.ks.gov](https://covid.ks.gov).

## INDIVIDUALS

- Stay home as much as possible.
- Wash hands frequently with soap and water for at least 20 seconds. If soap and water is not available, use hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Distance yourself from others when in public, especially if you have a medical condition that puts you in a high-risk category.
- Cover your mouth and nose with a cloth mask when in public. Learn more about children and masks.
- Cover coughs and sneezes into an elbow or tissue. Throw the used tissue away and immediately wash your hands.
- Clean and disinfect frequently touched surfaces daily, including phones, keyboards, doorknobs, handles and light switches.

## INDIVIDUALS FEELING SICK

- If you are experiencing any of the following symptoms, seek medical care: fever (>100 F or 38 C), headache, cough, sore throat, rash, shortness of breath, chest pain, joint or muscle aches, weakness, vomiting, diarrhea, stomach or abdominal pain, and lack of appetite.
- Stay home except to get medical care.
- Separate yourself from other people in your home.
- Wash your hands often & avoid touching your face.
- Designate someone to routinely clean high-touch surfaces.

## HOUSEHOLDS WITH SICK FAMILY MEMBERS

- Give sick members their own room if possible and keep interactions limited.
- Consider providing additional protections or more intensive care for high-risk household members.
- Have only one family member care for them.

## EMPLOYERS

- Develop and implement appropriate policies in accordance with federal, state, and local regulations and guidance and share with employees.
- Continue to use telework if possible and consider use of variable work schedules.
- Use nonmedical cloth masks.
- Frequent handwashing of employees and/or use of gloves.  
*Use of gloves does not take the place of good handwashing, and gloves must be changed frequently to be effective.*
- Incorporate engineering controls such as physical barriers where possible.
- Reconfigure space to enable people to be located at least 6 feet apart.
- Support and enable employees to remain at home if they are unwell or have been in close contact with someone who is sick.
- Establish strict routine cleanings by sanitizing frequently touched surfaces in between customer exchanges.
- Provide signage at public entrances to inform all employees and customers of social distancing guidelines mandated within your business.
- Create a plan for a potential outbreak or exposure in your community. If an employee tests positive for the virus, immediately contact your local health department and follow their instructions



## HIGH-RISK POPULATION

*High-risk individuals* include those with underlying medical conditions, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or who are otherwise immunocompromised.

- Wear face masks when traveling outside of your household or interacting with other individuals.
- Monitor health and potential symptoms closely and report any signs of COVID-19.
- Limit all travel; telework if possible.
- Limit attending gatherings of any number of people outside of your household or residence.
- Do not visit nursing homes or other residential care facilities if possible.
- Those who are, or work with, high-risk populations should undergo daily screenings/symptom monitoring and should be tested if they develop symptoms.
- Households with high-risk individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the high-risk individual, including wearing a face covering and washing hands frequently.